

I AM Navy Medicine

RSS : Posts Comments

NAVY MEDICINE LIVE

THE OFFICIAL BLOG OF U.S. NAVY AND MARINE CORPS HEALTH CARE • 2011 & 2012 WINNER OF BEST NAVY BLOG

Home

About

Disclaimer

Navy Medicine News

Navy Medicine WebSite

I AM Navy Medicine



Written on NOVEMBER 27, 2012 AT 8:32 AM by VKREMER

Warrior Care Month: Red Ramos' Story

Filed under CORPSEMAN U.S. NAVY

{NO COMMENTS}

By Navy Hospital Corpsman 3rd Class Redmond Ramos

Navy Medicine Video

Navy Medicine is a global healthcare network of 63,000 Navy medical personnel around the world who provide high quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

Navy Medicine Social Media

Follow us on Twitter

Join us on Facebook

Read our publications

View our photo stream

Watch our videos

Navy Medicine Live Archives

February 2015 (15)

January 2015 (12)

December 2014 (17)

November 2014 (11)

October 2014 (15)



Navy Hospital Corpsman 3rd Class Redmond Ramos (right) during the 2012 Warrior Games.

Growing up with two older brothers and a younger step-brother, life has always been competitive, in a one-up-you kind of way. We were always trying to outdo each other and giving each other grief when one of us didn't live up to our own hype.

So in 2007, ten days after graduating high school, it was only natural for me to follow in my older brothers' footsteps and join the Navy to serve as a Corpsman. In 2011, I deployed to

September 2014 (20)

August 2014 (14)

July 2014 (13)

June 2014 (8)

May 2014 (11)

April 2014 (9)

March 2014 (14)

February 2014 (7)

January 2014 (7)

December 2013 (7)

November 2013 (12)

October 2013 (7)

Helmand Province in Afghanistan with the 3rd Battalion, 5th Marine Regiment.

While running to render care to a Marine who had been injured by an improvised explosive device (IED), I also stepped on an IED, which severely injured my right leg. I was sent to [Balboa Hospital](#) in San Diego with the expectation that I would have my right leg amputated.

On the day I arrived at Balboa, I was met by Lt. Valdez, my non-medical care manager with [Navy Wounded Warrior \(NWW\) – Safe Harbor](#) who advised me to delay my amputation a couple of months until I went off the pain medication to see what a non-medicated life would be like with an injured leg. Lt. Valdez's advice was the best I have received in my life, and I am very glad I listened to him. Doing so let me see the difficulties I would have had with my leg, and I made a decision to have my leg removed. By delaying my decision, though, I now know that amputation was the right course of action and have absolutely no regret or doubts about it.

Lt. Valdez also told me about NWW's adaptive athletics program and potentially becoming part of the Navy-Coast Guard team to compete in the [2012 Warrior Games](#) in Colorado Springs, Colo. I am so glad he did. I was fortunate enough to become part of the 35-person team that competed and, just 11 months after my surgery, I was able to win two gold medals, a silver medal in swimming events for lower-body amputees, and two bronze medals in track.

As great as winning those five medals was, what was more rewarding to me was being part of the Navy-Coast Guard team and finding that same camaraderie I have known since childhood growing up with three brothers. I met others who have lost a part of themselves due to an IED or a rocket-propelled grenade. We can identify with each others' stories and have developed great friendships that have provided encouragement, along with some of that friendly competitiveness and one-upmanship.

[September 2013 \(14\)](#)

[August 2013 \(13\)](#)

[July 2013 \(11\)](#)

[June 2013 \(22\)](#)

[May 2013 \(15\)](#)

[April 2013 \(14\)](#)

[March 2013 \(14\)](#)

[February 2013 \(14\)](#)

[January 2013 \(12\)](#)

[December 2012 \(11\)](#)

[November 2012 \(11\)](#)

[October 2012 \(7\)](#)

[September 2012 \(9\)](#)

[August 2012 \(12\)](#)

[July 2012 \(13\)](#)

[June 2012 \(17\)](#)

[May 2012 \(22\)](#)

[April 2012 \(14\)](#)

[March 2012 \(13\)](#)

[February 2012 \(14\)](#)

[January 2012 \(13\)](#)

[December 2011 \(13\)](#)

[November 2011 \(20\)](#)

[October 2011 \(22\)](#)

[September 2011 \(12\)](#)

[August 2011 \(16\)](#)

[July 2011 \(10\)](#)



Navy Hospital Corpsman 3rd Class Redmond Ramos during the 2012 Warrior Games.

As I prepare to medically-retire from the Navy and transition to the civilian world, I am very thankful for the support provided to me by Lt. Valdez and NWW. The transition assistance has helped me through the retirement process to ensure that I crossed all the T's and dotted all the I's so that I have no issues receiving my benefits.

My older brothers are no longer in the Navy, but my younger stepbrother has joined the Navy to become – you guessed it – a Corpsman. I know that there are great people within the Navy who will be there to support him if he ever needs them.

← Next post

Previous post →

vkremer tagged this post with: 2012 Warrior Games, Balboa Hospital, corpsman, Naval Medical Center San Diego, Navy, Navy Medicine, Navy Wounded Warrior Safe Harbor, Redmond Ramos

Read 221 articles by

vkremer